

## FITNESSGRAM® Standards for Healthy Fitness Zone\*

The *FITNESSGRAM*® uses criterion-referenced standards to evaluate fitness performance. These standards, established by The Cooper Institute, represent levels of fitness that offer protection against the diseases that result from sedentary living. (Rev. 10/11/2005)

## **FEMALES**

Age	One Mile Run min:sec	20m PACER # laps	Walk Test VO <sub>2max</sub> *** ml/kg/min	Skinfold Measurement percent fat	Body Mass Index	Curl-Up # completed
5				17 – 32	16.2 – 21.0	2 – 10
6	Completion of	Participate in		17 – 32	16.2 – 21.0	2 – 10
7	distance. Time standards not	run. Lap count standards not		17 – 32	16.2 – 22.0	4 – 14
8	recommended.	recommended.	VO <sub>2max</sub> standards not available.	17 – 32	16.2 – 22.0	6 – 20
9				13 – 32	13.5 – 23.0	9 – 22
10	12:30 - 9:30	7 – 41	avaliable.	13 – 32	13.7 – 23.5	12 – 26
11	12:00 - 9:00	15 – 41		13 – 32	14.0 – 24.0	15 – 29
12	12:00 - 9:00	15 – 41		13 – 32	14.5 – 24.5	18 – 32
13	11:30 - 9:00	23 – 51	36 – 44	13 – 32	14.9 – 24.5	18 – 32
14	11:00 - 8:30	23 – 51	35 – 43	13 – 32	15.4 – 25.0	18 – 32
15	10:30 - 8:00	32 – 51	35 – 43	13 – 32	16.0 – 25.0	18 – 35
16	10:00 - 8:00	32 – 61	35 – 43	13 – 32	16.4 – 25.0	18 – 35
17	10:00 - 8:00	41 – 61	35 – 43	13 – 32	16.8 – 26.0	18 – 35
17+	10:00 - 8:00	41 – 72	35 – 43	13 – 32	17.2 – 27.3	18 – 35
Age	Trunk Lift inches	Push-Up # completed	Modified Pull-Up # completed	Flexed-Arm Hang seconds	Back-Saver Sit & Reach** inches	Shoulder Stretch
Age 5		•	Pull-Up	Hang	Sit & Reach**	
	inches	# completed	Pull-Up # completed	Hang seconds	Sit & Reach** inches	
5	inches 6 – 12	# completed 3 – 8	Pull-Up # completed 2 – 7	Hang seconds 2 – 8	Sit & Reach** inches	
5 6	inches 6 – 12 6 – 12	# completed  3 - 8  3 - 8	Pull-Up # completed 2 - 7 2 - 7	Hang seconds 2-8 2-8	Sit & Reach** inches 9 9	
5 6 7	6 – 12 6 – 12 6 – 12	# completed  3 - 8  3 - 8  4 - 10	Pull-Up # completed 2 - 7 2 - 7 3 - 9	Hang seconds 2 - 8 2 - 8 3 - 8	Sit & Reach** inches  9  9  9	Stretch  Touching
5 6 7 8	6 – 12 6 – 12 6 – 12 6 – 12	# completed  3 - 8  3 - 8  4 - 10  5 - 13	Pull-Up # completed 2 - 7 2 - 7 3 - 9 4 - 11	Hang seconds 2 - 8 2 - 8 3 - 8 3 - 10	Sit & Reach** inches  9  9  9	Stretch  Touching fingertips
5 6 7 8 9	6 - 12 6 - 12 6 - 12 6 - 12 6 - 12	# completed  3 - 8  3 - 8  4 - 10  5 - 13  6 - 15	Pull-Up # completed 2 - 7 2 - 7 3 - 9 4 - 11 4 - 11	Hang seconds  2 - 8  2 - 8  3 - 8  3 - 10  4 - 10	Sit & Reach** inches  9  9  9  9  9	Touching fingertips together
5 6 7 8 9	6 - 12 6 - 12 6 - 12 6 - 12 6 - 12 9 - 12	# completed  3 - 8  3 - 8  4 - 10  5 - 13  6 - 15  7 - 15	Pull-Up # completed 2 - 7 2 - 7 3 - 9 4 - 11 4 - 11 4 - 13	Hang seconds 2 - 8 2 - 8 3 - 8 3 - 10 4 - 10 4 - 10	9 9 9 9 9	Touching fingertips together behind the
5 6 7 8 9 10	inches 6 - 12 6 - 12 6 - 12 6 - 12 6 - 12 9 - 12 9 - 12	# completed  3 - 8  3 - 8  4 - 10  5 - 13  6 - 15  7 - 15  7 - 15	Pull-Up # completed 2 - 7 2 - 7 3 - 9 4 - 11 4 - 11 4 - 13 4 - 13	Hang seconds 2-8 2-8 3-8 3-10 4-10 4-10 6-12	9 9 9 9 9 9 10	Touching fingertips together behind the back on both
5 6 7 8 9 10 11	inches  6 - 12  6 - 12  6 - 12  6 - 12  6 - 12  9 - 12  9 - 12  9 - 12	# completed  3 - 8  3 - 8  4 - 10  5 - 13  6 - 15  7 - 15  7 - 15	Pull-Up # completed 2 - 7 2 - 7 3 - 9 4 - 11 4 - 13 4 - 13 4 - 13	Hang seconds 2 - 8 2 - 8 3 - 8 3 - 10 4 - 10 4 - 10 6 - 12 7 - 12	9 9 9 9 9 9 10 10	Touching fingertips together behind the
5 6 7 8 9 10 11 12 13	inches  6 - 12  6 - 12  6 - 12  6 - 12  9 - 12  9 - 12  9 - 12  9 - 12  9 - 12  9 - 12  9 - 12  9 - 12	# completed  3 - 8  3 - 8  4 - 10  5 - 13  6 - 15  7 - 15  7 - 15  7 - 15	Pull-Up # completed 2 - 7 2 - 7 3 - 9 4 - 11 4 - 13 4 - 13 4 - 13 4 - 13	Hang seconds 2-8 2-8 3-8 3-10 4-10 4-10 6-12 7-12 8-12	Sit & Reach** inches  9  9  9  9  9  10  10  10  10  12	Touching fingertips together behind the back on both the right and
5 6 7 8 9 10 11 12 13 14 15	inches  6 - 12  6 - 12  6 - 12  6 - 12  6 - 12  9 - 12  9 - 12  9 - 12  9 - 12  9 - 12  9 - 12  9 - 12  9 - 12  9 - 12	# completed  3 - 8  3 - 8  4 - 10  5 - 13  6 - 15  7 - 15  7 - 15  7 - 15  7 - 15  7 - 15  7 - 15  7 - 15	Pull-Up # completed 2 - 7 2 - 7 3 - 9 4 - 11 4 - 13 4 - 13 4 - 13 4 - 13 4 - 13	Hang seconds  2 - 8  2 - 8  3 - 8  3 - 10  4 - 10  4 - 10  6 - 12  7 - 12  8 - 12  8 - 12  8 - 12  8 - 12	9 9 9 9 9 10 10 10 10 12 12	Touching fingertips together behind the back on both the right and
5 6 7 8 9 10 11 12 13 14 15	inches  6 - 12  6 - 12  6 - 12  6 - 12  9 - 12  9 - 12  9 - 12  9 - 12  9 - 12  9 - 12  9 - 12  9 - 12	# completed  3 - 8  3 - 8  4 - 10  5 - 13  6 - 15  7 - 15  7 - 15  7 - 15  7 - 15  7 - 15  7 - 15	Pull-Up # completed 2 - 7 2 - 7 3 - 9 4 - 11 4 - 13 4 - 13 4 - 13 4 - 13 4 - 13 4 - 13	Hang seconds  2 - 8  2 - 8  3 - 8  3 - 10  4 - 10  4 - 10  6 - 12  7 - 12  8 - 12  8 - 12  8 - 12	Sit & Reach** inches  9  9  9  9  9  10  10  10  10  12	Touching fingertips together behind the back on both the right and

<sup>\*</sup>Number on the left is lower end of the HFZ; number on right is the upper end of the HFZ.

<sup>\*\*</sup>Test scored pass/fail. The student must reach this distance to pass.

<sup>\*\*\*</sup>Aerobic capacity (VO<sub>2max</sub>) reflects the maximum rate that oxygen can be taken up and utilized by the body during exercise. Aerobic capacity is estimated by inserting age, gender, weight, mile walk time and heart rate at the end of the walk into the Rockport Fitness Walking Test equation.



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## **MALES**

Age	One Mile Run min:sec	20m PACER # laps	Walk Test VO <sub>2max</sub> *** ml/kg/min	Skinfold Measurement percent fat	Body Mass Index	Curl-Up # completed
5	Completion of	Participate in		10 – 25	14.7 – 20.0	2 – 10
6				10 – 25	14.7 – 20.0	2 – 10
7	distance. Time standards not	run. Lap count standards not		10 – 25	14.9 – 20.0	4 – 14
8	recommended.	recommended.	VO <sub>2max</sub> standards not available.	10 – 25	15.1 – 20.0	6 – 20
9				7 – 25	13.7 – 20.0	9 – 24
10	11:30 - 9:00	23 – 61	avallable.	7 – 25	14.0 – 21.0	12 – 24
11	11:00 - 8:30	23 – 72		7 – 25	14.3 – 21.0	15 – 28
12	10:30 - 8:00	32 – 72		7 – 25	14.6 – 22.0	18 – 36
13	10:00 - 7:30	41 – 83	42 – 52	7 – 25	15.1 – 23.0	21 – 40
14	9:30 - 7:00	41 – 83	42 – 52	7 – 25	15.6 – 24.5	24 – 45
15	9:00 - 7:00	51 – 94	42 – 52	7 – 25	16.2 – 25.0	24 – 47
16	8:30 - 7:00	61 – 94	42 – 52	7 – 25	16.6 – 26.5	24 – 47
17	8:30 - 7:00	61 – 106	42 – 52	7 – 25	17.3 – 27.0	24 – 47
17+	8:30 – 7:00	72 – 106	42 – 52	7 – 25	17.8 – 27.8	24 – 47
Age	Trunk Lift inches	Push-Up # completed	Modified Pull-Up # completed	Flexed-Arm Hang seconds	Back-Saver Sit & Reach** inches	Shoulder Stretch
5	6 – 12	3 – 8	2 – 7	2 – 8	8	
6	6 – 12	3 – 8	2 – 7	2 – 8	8	
7	6 – 12	4 – 10	3 – 9	3 – 8	8	
8	6 – 12	5 – 13	4 – 11	3 – 10	8	
9				ì		<b>-</b>
•	6 – 12	6 – 15	5 – 11	4 – 10	8	Touching
10	6 – 12 9 – 12	6 – 15 7 – 20	5 – 11 5 – 15	4 – 10 4 – 10	8	fingertips
						fingertips together
10	9 – 12	7 – 20	5 – 15	4 – 10	8	fingertips together behind the
10	9 – 12 9 – 12	7 – 20 8 – 20	5 – 15 6 – 17	4 – 10 6 – 13	8 8	fingertips together behind the back on <u>both</u>
10 11 12	9 – 12 9 – 12 9 – 12	7 – 20 8 – 20 10 – 20	5 – 15 6 – 17 7 – 20	4 – 10 6 – 13 10 – 15	8 8 8	fingertips together behind the
10 11 12 13	9 – 12 9 – 12 9 – 12 9 – 12	7 – 20 8 – 20 10 – 20 12 – 25	5 – 15 6 – 17 7 – 20 8 – 22	4 – 10 6 – 13 10 – 15 12 – 17	8 8 8 8	fingertips together behind the back on <u>both</u> the right and
10 11 12 13 14	9 - 12 9 - 12 9 - 12 9 - 12 9 - 12	7 - 20 8 - 20 10 - 20 12 - 25 14 - 30	5 - 15 6 - 17 7 - 20 8 - 22 9 - 25	4 - 10 6 - 13 10 - 15 12 - 17 15 - 20	8 8 8 8 8 8	fingertips together behind the back on <u>both</u> the right and
10 11 12 13 14 15	9 - 12 9 - 12 9 - 12 9 - 12 9 - 12 9 - 12	7 - 20 8 - 20 10 - 20 12 - 25 14 - 30 16 - 35	5 - 15 6 - 17 7 - 20 8 - 22 9 - 25 10 - 27	4 - 10 6 - 13 10 - 15 12 - 17 15 - 20 15 - 20	8 8 8 8 8	fingertips together behind the back on <u>both</u> the right and

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